



DO YOUR PART---SLOW THE SPREAD OF COVID-19

Due to the rapid escalation of COVID-19 cases across the country, in our state and our District and the proportionately small number of individuals that are actually being tested in CT, we need to move to a model that assumes that anyone suffering fever, cough or difficulty breathing has COVID-19. Please study this simple chart to help you determine what actions you and your family need to take to protect yourselves and slow the spread of this virus in our communities. Remember – We are in this together!

I am sick with fever (100.4), cough and / or difficulty breathing

Stay **HOME**- do not leave the home unless to seek medical care (call provider or hospital first before going).

Self ISOLATION- stay away from others in the house.

Clearance Instructions:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

I had contact with confirmed case or someone who had symptoms

Stay **HOME** for 14 days and **SELF-MONITOR** for symptoms.

1. check temperature in am and pm
2. watch for other symptoms
3. if symptoms develop- stay home (see red box)

Self-Quarantine: Avoid going out, being in groups

I have no symptoms

DO YOUR Part:

Practice **Social Distancing**

No groups

Keep 6 foot distance

Comply with Closures

Wash your hands

Use hand sanitizer

Don't touch your face

If symptoms develop-stay home (see red box)

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>